

Implementing Obesity and Chronic Disease Prevention Guidelines A Multi-Grantee Approach

Local public health departments (LPHA) in the Cities of Bloomington and Minneapolis, and Hennepin County are collaborating on a Statewide Health Improvement Program (SHIP) funded project to assist selected broad-based family practice clinics and clinic systems implement the Institute for Clinical Systems Improvement (ICSI) Guidelines for “Prevention and Management of Obesity” and “Primary Prevention of Chronic Disease (PPCD).” We will work with at least ten independent clinics and one clinic system. An Advisory Group (Healthcare Workgroup), comprised of representatives from clinic systems, health plans, clinics, ICSI, and the Minnesota Department of Health is providing guidance as we implement this project.

What We Are Asking Clinics & Clinic Systems to Do

- Identify a multi-disciplinary team to work with us
- Recruit a physician champion
- Assess current implementation of these guidelines, set measurable goals, and an action plan for implementation of the guidelines
- Implement the guidelines by putting systems in place to ensure that all patients visiting the clinic for preventive or chronic disease care have the following components assessed, documented, counseled, and referred for effective care and resources if needed:
 - BMI
 - Physical activity
 - Nutrition practices
 - Tobacco use
 - Alcohol use
- Staff participation in trainings on the ICSI guidelines and their implementation
- Participate in system level evaluation of guideline implementation at baseline and post-intervention

What We Will Do

- Assist in identifying a multidisciplinary team to carry out the project
- Using quality improvement measures and strategies, assist the team to assess current systems and level of implementation of key components of the guidelines, identify gaps, set measurable goals, and develop an action plan to implement the ICSI Guidelines
- Provide ongoing technical assistance to develop systems for assessing, documenting, counseling and referring as it relates to these 5 components
- ICSI and LPHA staff will provide training to providers and staff on the ICSI guidelines, effective treatment, counseling strategies, and implementing systems change to ensure guidelines are being implemented routinely
- Provide samples of clinic tools for implementing guidelines
- Assist in identifying reimbursement and referral resources related to the guidelines
- Funds are available to support clinics and clinic systems implementing these changes

Timeline: Spring 2010 – June 2011

Where to find more information

- **Prevention and Management of Obesity – ICSI Guideline**
http://www.icsi.org/guidelines_and_more/gloss_prot/preventive_health_maintenance/obesity/obesity_prevention_and_management_of_mature_adolescents_and_adults_.html
- **Primary Prevention of Chronic Disease (PPCD) – ICSI Guideline**
http://www.icsi.org/guidelines_and_more/gloss_prot/preventive_health_maintenance/chronic_disease_risk_factors_primary_prevention_of_guideline_23506/chronic_disease_risk_factors_primary_prevention_of_guideline_.html

Contact Information**Multi-Grantee Coordinator – Minneapolis**

Megan Ellingson, MHA
Health Policy and Program Coordinator
SHIP Multi-grantee Coordinator
612.673.3817
megan.ellingson@ci.minneapolis.mn.us

Bloomington-Edina-Richfield

Ruth Tripp, MPH, PHN
Health Specialist – SHIP Coordinator
Bloomington Public Health
952.563.8742
rtripp@ci.bloomington.mn.us

Hennepin County

Renee Gust, MA, RN
Senior Health Promotion Specialist
Hennepin County Human Services and Public Health
612.348.4935
renee.gust@co.hennepin.mn.us